

Caring for Our Elders

According to AARP, a third of family caregivers are living with an aging family member. Even more are supporting older family members who are living on their own. If you are providing care to an aging loved one, the following tips are designed to help you.

Develop a plan or improve on your existing plan. Make a list of everything from daily to-dos, to longer term items including personal care, household chores, meals, money management, and healthcare. Summarize the plan in writing and take time each month to assess what's working well and what needs to be tweaked.

Get help from others. Consider ways that others can contribute to care. Even those who live out of town can help pay or automate bills, schedule appointments, or request prescription refills. Think about the strengths of various family members or friends and how they can be most helpful.

Eliminate hazards. Keeping the home safe is paramount in preventing accidents. There are certified aging-in-place specialists who can assess your home and make recommendations to reduce potential hazards. Visit the National Council on Aging (ncoa.org) and search "fall proofing" for helpful tips on safety proofing.

Manage health care needs. Maintain a document with updated medication information and ensure everyone knows where the list is kept. Make sure you understand any follow-up care required by requesting instructions in writing. Medicare may cover certain in-home services, so it is worth checking into this.

Avoid social isolation – for you and your loved one. Invite others to come visit, enroll in senior community enrichment programs, attend caregiver support groups to connect with others, and schedule time off for yourself.

You will need a lot of support to properly care for an aging loved one, whether at home or otherwise. Your Employee Assistance Program is here to help. Contact us by phone or visit us online for helpful tools and resources.

AARP. *In-Home Care: Helping Loved Ones Age in Place*. Retrieved June 3, 2021 from: <https://www.aarp.org/caregiving/home-care/info-2019/providing-homecare.html>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:
1.800.833.3031

WEBSITE:
EAPHelpLink.com

CODE:
IOWA